



# MURRAY

## Family Emergency Handbook

Before an emergency happens...

**PLAN.....PREPARE.....BE INFORMED**

This handbook will help you and your family **PLAN** for an emergency, **PREPARE** your home with supplies and equipment for an emergency, and will help you **BE INFORMED** on what to do for probable emergencies in the area. It provides essential information to volunteers/emergency professionals serving your family and neighborhood.

March 2017



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### COMPLETE YOUR HANDBOOK

1. Designate a regular place (i.e., above the refrigerator) for your handbook that is easily accessible for family members, and others, who need to access it.
2. When placing photographs in the information section, note the age/date of the photograph, updating them as necessary.
3. Keep a computer copy to make changes easily, and/or write in pencil for revisions.
4. In the contact section, designate an out of state relative/friend as the disaster contact. Inform family members to check in with them and be sure everyone has this person's telephone number memorized and/or with them to make contact.
5. Make a sketch of the floor plan of your home. Show the location of where to shut off utilities. Note the locations of emergency supplies/equipment so others can help you retrieve what you need.

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### ACKNOWLEDGMENTS

We wish to acknowledge and express appreciation to those who have contributed in the creation of this book. We have included the most current thoughts of experts, and others with experience in emergency preparedness, emergency response, and neighborhood security, such as:

Salt Lake County Emergency Management; Family Preparedness, 1999; Teri Cook, Fruit Heights, UT; Preparing for an Emergency, Brigham City, UT; Family Emergency Handbook, Woods Cross, UT; Federal Emergency Management Agency (FEMA); Utah Department of Homeland Security; Utah Department of Emergency Services American Red Cross; Weber County Department of Emergency Services; Farmington City Citizen Corps Council

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# SAFE NEIGHBORHOODS



## **SCHOOLS AID FAMILIES IN EMERGENCIES- S.A.F.E. NEIGHBORHOODS**

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### MISSION

Train individuals in elementary school neighborhoods to open, staff, and operate their own neighborhood evacuation hub at the school until outside help arrives after a catastrophic disaster

Teach individuals to create a 96-hour kit and take it to the assigned school in the event of a catastrophic disaster

Support the civilians involved with “neighbors helping neighbors” assess critical/immediate emergency needs, inform/update residents, and reunite families

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### OBJECTIVES

- Assess neighborhood emergency needs
- Establish a predictable reception area for displaced persons
- Facilitate household reunification
- Coordinate efforts to meet basic human needs
- Assist coordination of medical needs, transportation, communication, and public information
- Coordinate with citizen response plans in partnership with NGOs, school districts, and government entities

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## STRATEGY

Utilize the American Red Cross and neighbors to support S.A.F.E. Neighborhoods in the following ways:

- Incorporate the “whole community” philosophy to educate the public to “grab your kit and walk to school”
- Teach individuals/families to create 96-hour kits and a household emergency plan
- Orient neighborhood citizens to S.A.F.E. Neighborhoods and recruit community residents to prepare so they can implement S.A.F.E. Neighborhoods components
- Encourage advanced training with the American Red Cross, and/or other community organizations, to improve capabilities and efficiency in handling emergency situations independently until additional resources are available
- Facilitate partnerships with community groups to foster ongoing relationships of skill/information sharing and leadership guidance
- Provide guidelines for developing a “Just in Time” (JIT) kit in every school, equipped with tools for organizing and running a neighborhood evacuation hub

## DEFINITIONS

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### CATASTROPHIC DISASTER

“...any natural or manmade incident, including terrorism that results in extraordinary levels of mass casualties, damage, or disruption severely affecting the population, infrastructure, environment, economy, national morale, and/or government functions.” US Department of Homeland Security National Response Framework, ch. 2, Response Actions, 42.

Information available at <http://www.fema.gov/pdf/emergency/nrf/nrf-core.pdf>

The Salt Lake segment of the Wasatch Fault is under significant tension and could rupture at any time. An earthquake of a 7.0 magnitude or higher would displace an estimated one third of the population of Salt Lake County, approximately 350,000 people. Many roads would become impassable and would cause delays in emergency services for 96 hours, or more; traveling to your home following a catastrophic disaster, with commuters stretching from Utah to Weber counties, will be meager, at best.

S.A.F.E. Neighborhoods activates during a catastrophic disaster, when transportation, communications, and other basic services are disrupted. A minor disaster does not necessitate residents to gather at schools unless local authorities advise it. Regardless of the scope of the disaster, individuals and families are encouraged to be prepared with an emergency plan and 96-hour kit.

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## NEIGHBORHOOD EVACUATION HUB

A neighborhood evacuation hub is a predetermined location, often an elementary school, designated as the gathering point for neighborhood residents during a catastrophic disaster.

A neighborhood evacuation hub **IS**:

- A common gathering place
- A place where immediate needs can be addressed by neighbors helping neighbors
- A place where neighbors can be organized to assess and report critical and immediate individual health/medical and other needs as well as neighborhood property damage
- A place where information will be disseminated
- The first place emergency services will attempt to access and with which they will communicate
- A hub for family reunification
- A location where HAM radio operators and others involved in communications will establish a base from which to create and maintain contact with the emergency operations center
- Opened using basic guidelines and documentation provided by the American Red Cross. Ideally, neighborhood residents trained by the Red Cross will be available to assist
- The location where all citizens are encouraged to report in order to be accounted for, even if they are sheltering in another building (i.e. a church, etc.)

A neighborhood evacuation hub **IS NOT**:

- A fully functional shelter with cots, blankets, etc.
- Completely managed initially by the American Red Cross.
- A guaranteed site for immediate medical attention.
- A location where food and water will be provided.



A neighborhood evacuation hub is a powerful model of “neighbors helping neighbors.” Through such a hub, emergency services for displaced persons can be organized efficiently; however, it will have very limited supplies and trained staff depending on the catastrophic nature of the disaster. Each neighborhood evacuation hub should not expect local aid for a minimum of 96 hours.

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## JUST IN TIME KIT

JIT kits do not contain everything a neighborhood evacuation hub will require; rather, they provide guidelines about how to manage, operate, and communicate within an evacuation hub. All materials are designed to be easily understood by the lay community member. Kits need not be expensive. Each jurisdiction will determine funding for JIT kits.

A JIT kit includes job aids, maps, contacts and communication information, emergency operations plans, signage, and other basic supplies for use during a catastrophic disaster.

A JIT kit also includes guidelines to support an S.A.F.E. Neighborhoods Planning Group (unique to the neighborhood), including how to orient new members, and exercises that will refresh the skills of existing members.

## TRAINING

### S.A.F.E. NEIGHBORHOODS CURRICULUM PROVIDES:

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#### KICKOFF MEETING

Informs and engages local community leaders with members. Individuals recruited to attend this meeting may be participants in other organizations, such as Citizen Corps (MRC, CERT), American Red Cross (ARC), church, school (PTA), VOAD, non-profits, and other businesses.

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#### ORIENTATION

Educates the community about the S.A.F.E. Neighborhoods Program, including viable threats, preparedness actions, and activation during a catastrophic disaster. This orientation should be delivered in a neighborhood as needed to assure that neighborhood residents retain awareness and preparedness. The orientation curriculum satisfies requirements outlined in the ARC Disaster Cycle Services Overview and the prerequisite requirements in Shelter Fundamentals. Orientation instructors can be members of the S.A.F.E. Neighborhoods Committee while volunteering in other capacities of the community as necessary.

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#### SHELTER FUNDAMENTALS

This is the standard ARC Shelter Fundamentals course and gives residents the training necessary to operate a shelter. While the neighborhood evacuation hub is not necessarily a shelter, it can become one. Civilians in this course are encouraged to register as general ARC volunteers to continue with advanced and sequential trainings. All advanced training, such as the Shelter Management, is provided through the ARC training program.

In addition, residents are encouraged to continue individual planning. Individuals serving in pre-existing local community groups (i.e. CERT, MRC, and PTA) may take leadership roles and facilitate continued planning. Tools, templates, guidelines, and additional guidance, including exercises at the schools, may be provided by S.A.F.E. The committee encourages and assists community members to do their own planning and exercises based on the interests/needs of the neighborhood.

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#### VOLUNTEER

Neighborhood residents working with the S.A.F.E. Neighborhoods program fill a variety of roles. During the activation of a neighborhood evacuation hub, job aids found in the JIT kit provide guidance for volunteers on various roles. Those with leadership interest are highly encouraged to register and continue training with the ARC. Community members can choose to join groups such as CERT and MRC. Doing so will provide additional training, practice and experience.

# HOUSEHOLD PERSONNEL INFORMATION

Address: \_\_\_\_\_

ADULTS			
NAME	BIRTHDAY	WORK PHONE	CELL PHONE

CHILDREN		
NAME	BIRTHDAY	CELL PHONE

## FAMILY MEETING PLACE

Outside the home (i.e. the mailbox):

Outside the neighborhood (i.e. grandma's house, entry of school):

## EMERGENCY CONTACT

IN-TOWN CONTACT		OUT-OF-STATE CONTACT	
NAME:		NAME:	
ADDRESS:		ADDRESS:	
RELATIONSHIP:		RELATIONSHIP:	
HOME PHONE:		HOME PHONE:	
WORK PHONE:		WORK PHONE:	
CELL PHONE:		CELL PHONE:	



# EMERGENCY CARE AUTHORIZATION

I HEREBY AUTHORIZE THE FOLLOWING INDIVIDUALS TO MAKE MEDICAL DECISIONS ON BEHALF OF MY FAMILY IF I AM UNAVAILABLE IN THE EVENT OF AN EMERGENCY

NAME:	
ADDRESS:	
RELATIONSHIP:	
HOME PHONE:	
WORK PHONE:	
CELL PHONE:	
PREFERRED HOSPITAL GROUP #:	
OTHER MEDICAL INSURANCE:	
PREFERRED PHARMACY:	
HEALTH PLAN/MEDICARE #:	
ADDITIONAL PLAN INFO:	

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# FAMILY PREPAREDNESS CHECKLIST



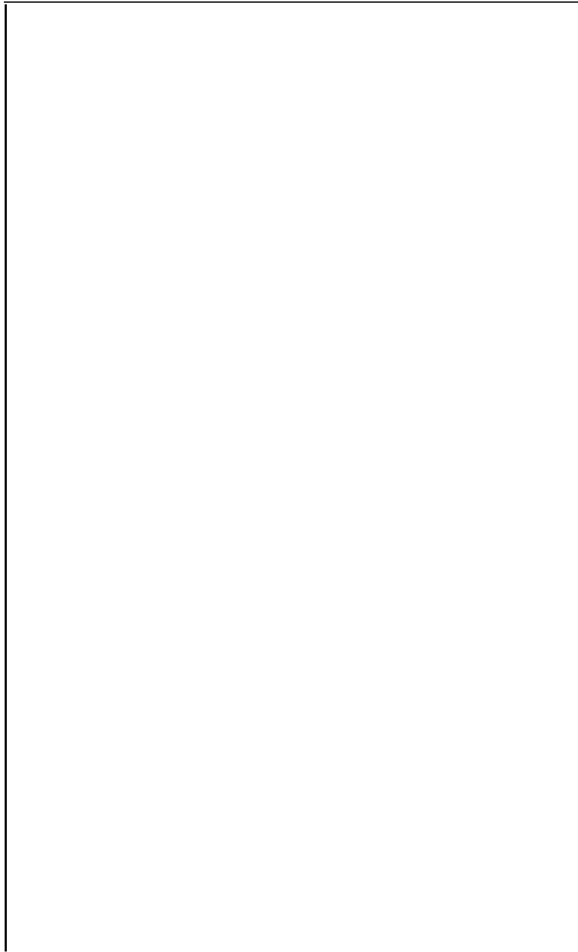
Meet with your family today, and regularly, to discuss your preparedness plan. Explain the dangers of fire, flood, wind, earthquakes, and a chemical spill to children, and use this checklist to help prepare them.

- ☐ Complete the Family Information forms in this book
- ☐ Make your house plan, marking the location of utilities and emergency supplies
- ☐ Plan your evacuation by listing the most important items to take with you
- ☐ Teach older children how/when to turn off utilities
- ☐ Evaluate your home security and plan how to improve it
- ☐ Check/rotate emergency water supplies
- ☐ Be able to purify unsafe/contaminated water
- ☐ Inventory food storage, cycling through and adding to it regularly
- ☐ Check/rotate your 96 hour "Go Kit" supplies, keeping it easily accessible
- ☐ Check/rotate items in first aid kit
- ☐ Take a CERT/first aid class. Learn CPR.
- ☐ Make plans for emergency cooking, heating, and lighting
- ☐ Have a sanitation kit
- ☐ Check/maintain fire extinguishers
- ☐ Check/replace detectors (smoke/carbon monoxide)
- ☐ Secure water heaters, tall shelving/appliances before an earthquake
- ☐ Prepare finances; get and stay out of debt, and save for the future.
- ☐ Replace batteries in emergency radios/lights
- ☐ Review emergency plan with your family!

## FAMILY MEMBER INFORMATION

PRINT ONE PAGE FOR EACH FAMILY MEMBER

Photo



NAME:	
AGE:	
BIRTHDATE:	
GENDER:	
HEIGHT:	
WEIGHT:	
HAIR COLOR:	
EYE COLOR:	
SCHOOL/EMPLOYER:	
HOME PHONE:	
WORK PHONE:	
CELL PHONE:	
MEDICAL CONDITIONS:	
ALLERGIES:	
PHYSICIAN:	
PHYSICIAN PHONE:	

## NEIGHBOR INFORMATION

PRINT ONE PAGE PER NEIGHBOR HOUSEHOLD

FAMILY NAME:

ADDRESS:

FAMILY MEMBERS:

PHONE NUMBERS:

SPECIAL INSTRUCTIONS:

## HOUSE PLAN

EVERY MEMBER OF THE FAMILY SHOULD KNOW WHERE UTILITY VALVES/SHUT-OFFS ARE LOCATED AROUND THE HOUSE, AS WELL AS KNOWING WHERE IMPORTANT PAPERS, EMERGENCY SUPPLIES, AND OTHER VITAL RESOURCES ARE STORED. A SIMPLE FLOOR PLAN OF EACH FLOOR OF YOUR HOME DRAWN ON PAPER IS IDEAL.

IDENTIFY THE FOLLOWING ON THE FLOOR PLAN:

### GAS SHUT-OFF

Inside the house \_\_\_\_\_

Outside the house \_\_\_\_\_

### WATER SHUT-OFF

Inside the house \_\_\_\_\_

Outside the house \_\_\_\_\_

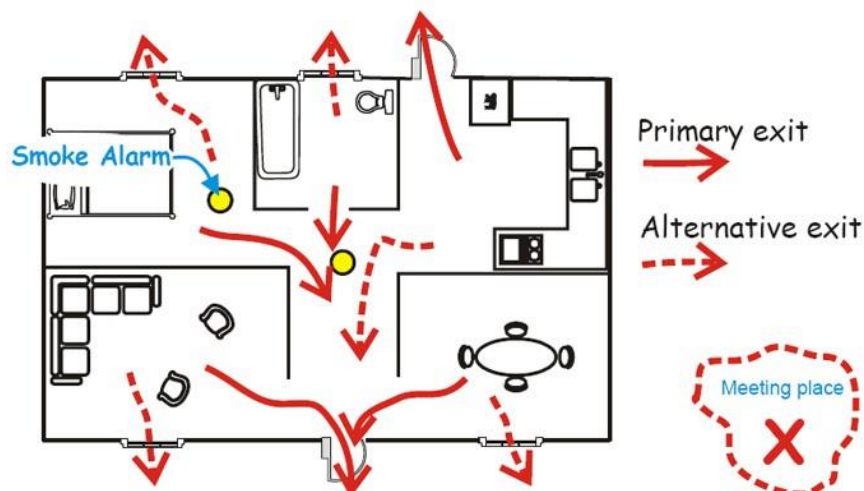
### ELECTRICITY SHUT-OFF

Inside the house \_\_\_\_\_

Outside the house \_\_\_\_\_

Include in the plan primary and alternate routes of evacuation from all areas of the house. Mark the positions of smoke alarms and write on them the date when the batteries are exchanged. Include additional information that may be specific to and important to know about your house, such as:

1. Previous owners of your home
2. Diagrams of electrical wiring, cable, phone wires, plumbing, etc.
3. Room colors
4. Date of significant modifications/improvements and what was done



## EVACUATION PLAN

### SUGGESTIONS FROM FEMA, AND OTHER SOURCES:

1. If you are asked to evacuate, please do so quickly.
2. Wear protective clothing and sturdy shoes.
3. Take your emergency kit, and a minimum of 4 days of medications. Though it may appear to you that you will only be gone a few hours, be prepared for longer; once you leave, you may not be allowed to return home for a while.
4. Leash or cage pets and take them with you, if possible; most human shelters will not accept pets. Some animal hospitals may board your pets. If you take them with you, be sure to take food, water, and other items they will need. Alternate places to board your pet(s) are:  
\_\_\_\_\_.
5. Lock all doors/windows. Be sure appliances, large and small, are turned off, and no flames are burning (i.e. candles).
6. Leave a note where you have gone and who is with you.
7. Follow travel routes recommended by local authorities to reach the evacuation center.
8. Check in promptly at the evacuation "reception" center. Inform them of your plans (i.e. going to a motel or relative's home) if you are not planning to stay at the center.
9. Do not return home until local authorities say it is safe to do so.

Plan ahead so you are prepared to take what is most important with you. Think about things that are irreplaceable in case your home is destroyed and/or you are not able to return, such as journals, family photos, scrapbooks, family heirlooms, and family records. Prioritize and specify their location.

- |          |           |
|----------|-----------|
| 1. _____ | 7. _____  |
| 2. _____ | 8. _____  |
| 3. _____ | 9. _____  |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

## SECURITY

TAKE THE FOLLOWING QUIZ TO DETERMINE YOUR LEVEL OF SECURITY IN THE HOME. CIRCLE "Y" FOR YES OR "N" FOR NO ON EACH QUESTION.

### DOORS

- |  |   |   |
|--|---|---|
| 1. Are outside doors made of solid core wood or metal, and at least 1 ¾" thick?  | Y | N |
| 2. Are the locks on all your outside doors deadbolts (i.e. fireman locks, jimmy-proof)?  | Y | N |
| 3. Are your door locks at least 40" from a window or panels (i.e. wood, glass) that can be broken easily by a burglar?                         | Y | N |
| 4. Do you have wide-angle viewers (peep holes) on exterior doors to identify person(s) at the door?  | Y | N |
| 5. Do the exterior doors have heavy duty strike plates securely mounted with screws long enough to go through the doorframe and into the wall? | Y | N |
| 6. Can all doors (main, basement, porch, French, balcony, patio, etc.) be securely locked and do they function properly?                       | Y | N |
| 7. Are all sliding glass doors secure? Do they have locking/stopping devices to prevent sliding/lifting?                                       | Y | N |
| 8. Do basement doors have locks that allow you to isolate that part of your house?   | Y | N |
| 9. Are all your locks in good repair?  | Y | N |
| 10. Do you know everyone who has a key to your house?  | Y | N |
| 11. Do you possess all keys from the previous owners of your house?  | Y | N |

### WINDOWS

- |  |   |   |
|--|---|---|
| 12. Do all windows lock properly and are they securely mounted?  | Y | N |
| 13. Do you lock all windows when shut?   | Y | N |
| 14. Do you use locks that allow you to lock a window that is partially open?   | Y | N |
| 15. Do you lock basement windows/doors diligently?   | Y | N |
| 16. Do you lock up ladders and avoid placing items that can be used as an ascending aid for accessing windows/doors on upper levels? | Y | N |

### GARAGE/STORAGE SHED

- |   |   |   |
|---|---|---|
| 17. Do you lock your garage and/or storage shed at night?                   | Y | N |
| 18. Do you lock you garage and/or storage shed when you are away from home? | Y | N |
| 19. Do you have secure locks on garage/storage/shed doors/windows?          | Y | N |
| 20. Do you lock your car and take the keys out when parked in the garage?   | Y | N |

### WHILE ON A TRIP

- |  |   |   |
|--|---|---|
| 21. Do you stop deliveries or arrange for a neighbor to pick up papers/mail/packages, etc.?  | Y | N |
| 22. Do you notify a neighbor when you are leaving, where you are going to, and how long you will be gone?  | Y | N |
| 23. Do you have police increase patrol on your street during the time that you are away?   | Y | N |
| 24. Do you leave some shades up and set 2 or more lights on timers so the house doesn't look deserted? Timers are a deterrent even when not on a trip. | Y | N |
| 25. Do you arrange to have your lawn cut or snow removed from walkways/driveways?  | Y | N |

### SAFE PRACTICES

- |  |   |   |
|--|---|---|
| 26. Do you plan so that you do not need to hide a key under the doormat?   | Y | N |
| 27. Do you keep as much cash as possible, and other valuables, in the bank?  | Y | N |
| 28. Do you keep a list of all your valuables?  | Y | N |
| 29. Do you keep a list of the serial numbers of electronics/technical gear (i.e. t.v., stereo equipment, cameras, etc.)? | Y | N |
| 30. Do you have a description and/or pictures of valuables that do not have serial numbers?                              | Y | N |
| 31. Do you have valuables marked with a personal ID number (i.e. driver's license)?                                      | Y | N |
| 32. Is your family versed on what to do if they discover a burglary in progress?   | Y | N |
| 33. Will your family leave the house undisturbed and call police if they discover a burglary has been committed?         | Y | N |
| 34. Do you know the number of law enforcement in the area your neighborhood?   | Y | N |
| 35. Do you have outdoor lighting that properly lights the home (i.e. motion detectors, floodlights)?                     | Y | N |

### ALARM SYSTEMS

- |   |   |   |
|---|---|---|
| 36. Do you have an alarm system in your home?                           | Y | N |
| 37. Is the system in working order?                                     | Y | N |
| 38. Have you had a false alarm?   | Y | N |
| 39. Do you know your neighbors and watch out for each other's property? | Y | N |

Totals: Y \_\_\_\_\_ N \_\_\_\_\_

**30 (+) YES ANSWERS- CONSIDERED SAFE**

**20-29 YES ANSWERS- CHANCE FOR BURGLARIZATION**

**19 (-) YES ANSWERS- HIGH RISK FOR BURGLARIZATION**





PROTECT YOURSELF AND YOUR NEIGHBORS BY STARTING A  
NEIGHBORHOOD WATCH PROGRAM IN YOUR AREA. ONLY YOU  
CAN LOCKOUT CRIME!!

## UTILITY SHUT-OFFS

KNOW WHERE UTILITY VALVES AND/OR SWITCHES ARE, BOTH INSIDE AND OUTSIDE THE HOUSE, AND HOW TO SHUT THEM OFF

### NATURAL GAS

Sniff for gas leaks. If you smell gas or there is significant structural damage to your home, turn off the gas. **“DO NOT TURN OFF IF NO LEAK IS SUSPECTED. If you turn the gas off, you will need a professional to turn it back on.”**

The meter shut-off valve is located next to the meter. Use a wrench to turn the valve a quarter turn in either direction to the “off” position. Notify the gas company or 911 of the gas leak.

***DO NOT attempt to turn the gas back on!!!***



Depending on the severity of the emergency, and the number of meters that have been turned off, you may have to wait some time for your gas service to be restored, even if there is no damage to the gas pipelines in your area.

### WATER



Shut off the main water valve to keep contaminated water from entering the house.

If there are water leaks in your home, or between your home and the meter, the water valves should be turned off to maintain pressure.

### ELECTRICITY

If there are downed power lines STAY AWAY; DO NOT TOUCH! If you see or hear electrical sparking, DO NOT TOUCH or attempt to operate any electrical appliances or switches. Locate the electrical panel in your home, open the metal panel, and turn the switches to the “off” position or pull out the main fuse. If you do not know where the electrical panel is, or you are unable to get to it, find the electric box (meter) on the outside of your house and turn the switch to “off”.



## WATER STORAGE

**WHY-** WATER IS MORE ESSENTIAL THAN FOOD IN SUSTAINING LIFE. NATURAL DISASTERS MAY POLLUTE OR DISRUPT WATER SUPPLIES.

**HOW MUCH-** STORE ONE GALLON OF WATER PER PERSON PER DAY (TWO QUARTS FOR DRINKING AND TWO QUARTS FOR FOOD PREPARATION AND SANITATION. REQUIREMENTS INCREASE IN HOT TEMPERATURES.) NURSING MOTHERS AND CHILDREN MAY REQUIRE MORE. A MINIMUM TWO WEEK SUPPLY OF WATER IS RECOMMENDED FOR THE HOME. 96-HOURS OF WATER SHOULD BE AVAILABLE IN EMERGENCY GO KITS. STORE AS MUCH WATER AS POSSIBLE- A MINIMUM OF 14 GALLONS PER PERSON.

**HOW-** STORE WATER IN PLASTIC FOOD GRADE CONTAINERS SUCH AS WATER AND BEVERAGE BOTTLES. GLASS CAN BREAK AND CARTONS DECOMPOSE. WATER FROM WATER BEDS MAY BE USED FOR SANITATION PURPOSES ONLY. DO NOT STORE IN CHLORINE BLEACH BOTTLES AND/OR MILK BOTTLES.

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### HOW TO PURIFY

1. BOIL vigorously for 3-5 minutes.
2. Add unscented household bleach (5.25% sodium hypochlorite) in the following proportions:

#### CLEAR WATER

- 1 quart- 2-4 drops
- 5 gallons- ½-1 teaspoon
- 55 gallons- 2-4 Tablespoons

#### CLOUDY WATER

- 1 gallon- 8-16 drops



Stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand 15 more minutes. Use fresh bleach.

Water Purification tablets- different types of tablets (i.e. Halizone, potable agua) are available at drug stores/sporting goods stores, etc. Follow manufacturer's directions. Do not use tablets that are yellowish in color or have a strong odor. Confirm expiration dates, discarding when appropriate.

Iodine- use 2% tincture of iodine to purify small amounts of water. Add 3 drops per quart of clear water. Let stand 30 minutes. Pregnant and/or nursing women, and/or people with thyroid problems, should not drink water with iodine, according to the Department of Environmental Quality Division of Drinking Water.

## FLAT WATER

Stored water goes flat and can be aerated by pouring it back and forth between two containers.

## ADDITIONAL INFORMATION

Prevent contamination of your water supply after a disaster by shutting off the main incoming water valve to your house immediately. If water from the tap looks cloudy, or has an unpleasant odor, don't take a chance- PURIFY IT BEFORE USING!

- Clearly label and date all storage containers, especially those reused from other products
- Consider canned soups, juice from canned fruits and vegetables, bottled soft drinks, bottled juices, etc., as additional sources of liquid
- Use water stored in the hot water tank, ice cube trays, and toilet tank (not bowl)
- Dirty water can be filtered/strained through paper towels/clean cloth to remove particulates, then boiled and treated with chlorine bleach
- There is no effective way for home decontamination of water which contains radioactive or chemical contamination
- Do not drink water from hot tub or pool; use for hygiene purposes only

# FOOD STORAGE

STORE WHAT YOU EAT. EAT WHAT YOU STORE

**Storage areas should be cool, clean, dry, dark, and well ventilated.**

## THE BASICS

These basic items should be considered for storage. They provide adequate calories, protein, vitamins, and minerals. Note the approximate storage life and the suggested amount needed to sustain one person's life for one year when no other foods are added.



Successful food storage depends on several factors:

- Quality of products- obtain top grade food products when possible
- Proper containers- use heavy plastic, metal, or glass with tight fitting lids
- Storage areas- easy access, dark, cool, dry, and free from rodents, insects, and other pests
- Temperature- food stores best at 40-60° F
- Rotation- date and rotate to minimize loss of food value and flavor, and prevent spoilage
- Inventory- maintain a record of items used and added to
- Variety- provides better nutrition and avoids appetite fatigue

## STORAGE LIFE GUIDE

ITEM	1 ADULT PER YEAR	1 ADULT PER MONTH
GRAINS (WHEAT, FLOUR, RICE, CORN, OATMEAL, PASTA) VARIES	400 LBS	33.3 LBS
LEGUMES (DRY BEANS, PEAS, LENTILS) *6-8 YEARS	60 LBS	5 LBS
POWDERED MILK *2-3 YEARS	16 LBS = 64 QUARTS	1.3 LBS
SUGAR/HONEY *20+ YEARS	60 LBS	5 LBS
SALT *20+ YEARS	5-8 LBS	0.5 LBS
OIL (SHORTENING, BUTTER, MAYONNAISE, PEANUT BUTTER) *2 YEARS	20 LBS = 10 QUARTS	1.6

\* Suggested Amount

\* These amounts are suggested by The Church of Jesus Christ of Latter Day Saints. For more information go to [www.providentliving.org](http://www.providentliving.org)

\*Children's percent of adult portion: 0-3yrs =50%; 4-6 yrs = 70%; 7-10 yrs = 90%

\* Start using wheat and whole grains in diet regularly to allow digestive system to adapt to increased roughage.

\*\*Water Indefinite 14 gal/person/2wk

\*\*It is impractical for most families to store a year's supply of water. Fourteen gallons per person is a suggested minimum reserve.

**BEGIN WITH BASIC, LIFE SUSTAINING FOODS THAT KEEP FOR LONG PERIODS OF TIME. SPICES, FLAVORINGS, CORNSTARCH, BAKING POWDER, SODA, AND YEAST GIVE OPTIONS FOR TASTE AND VARIETY. A MORE DETAILED STORAGE SHOULD INCLUDE ITEMS SUCH AS MEAT, FRUIT, AND VEGETABLES (CANNED, BOTTLED, FROZEN, DEHYDRATED, PICKLED, OR SMOKED).**

**CONSIDER YOUR FAMILIES LIKES/DISLIKES, ALLERGIES, AND PERSONAL NEEDS WHEN DECIDING WHAT TO STORE. ANY FOOD STORAGE IS BETTER THAN NONE AT ALL!**

# 96 HOUR EMERGENCY KIT(S)

THE FOLLOWING EMERGENCY PREPAREDNESS KIT(S) SHOULD BE KEPT COOL, DRY, AND READILY ACCESSIBLE FOR RAPID EXIT. STORE IN EASY TO CARRY BACKPACKS, DUFFLE BAGS, SUITCASES, OR 5 GALLON BUCKETS. INCLUDE A MASTER LIST IN THE TOP OF EACH KIT WITH DATE PREPARED. A COPY OF THIS PAGE WITH CHECKMARKS OR NOTES WORKS WELL.



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## WATER

- 1 gallon per person per day
- Water purification tablets or chlorine bleach

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## EQUIPMENT

- Adjustable wrench/hammer
- Pocketknife
- Battery powered radio (extra batteries)
- Fire Extinguisher (very small)
- Flashlight (extra batteries) - light stick
- Folding shovel
- Plastic- 2 sheets 9' x 12'(shelter, ground cloth, water collection)
- Rope (1/4 x 26')- Duct tape
- Tent- Tarp (Shelter)
- Whistle- 1 per person
- Work gloves

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## SANITATION

- Plastic bucket with tight fitting lid
- Plastic trash bags (large & small, also zip locks)
- Disinfectant (bleach, Lysol, powdered-chlorinated lime)
- Toilet paper- soap/towel

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## COOKING/HEATING

- Aluminum Foil
- Buddy burners/sterno/alcohol stove/backpack stove
- Candles- 2 large
- Can opener (manual)/knife
- Dish soap/dish cloth/towel
- Matches in foil or waterproof container
- Mess kit (1 per 2 people)/pan for cooking & washing
- Metal cup- can or small tin pail
- Paper plates/cups/napkins/plastic utensils
- Spoon & fork for mixing

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## STRESS/MORALE BOOSTERS

- Scriptures
- Ball, small games, crossword puzzles, cards
- Hard candy, chocolate chips
- Harmonica/needlework/pictures
- Paper, pencils, crayons, permanent markers

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## FOOD FOR 3 DAYS

- Baby food- baby cereal, formula, juice
- Beef jerky
- Canned meats- tuna, spam, chicken, beef
- Candy- hard candy, lollipops, gum
- Canned fruits/vegetables- juice
- Canned foods- chili, pork & beans, ravioli, soup, spaghetti, stew
- Cereals- oatmeal, cracked wheat
- Crackers/cookies
- Dry Soup Mix - Ramen noodles
- Dried fruits- raisins, trail mix
- Fruit roll-ups/leather
- Granola bars- peanuts, trail mix
- MRE's (meals ready to eat)/camping food (freeze dried food)
- Peanut butter, jelly, honey
- Powdered milk/Cocoa mix/sweeteners

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## CLOTHING/BEDDING

- 1 space blanket per person
- Wool/fleece blanket or sleeping bag (1 per person)
- Change of clothes- include sweatshirt, gloves, shoes, underwear, and 2 pair socks (1 wool),
- Infants- disposable diapers, pacifiers, blankets, clothing

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## HYGIENE

- Comb/brush (clips, elastics, bobby pins)
- Deodorant, lotion
- Feminine hygiene needs
- Lip balm, chapstick, Blistex, tube of Vaseline
- Nail clippers, nail file
- Shaving supplies, shampoo
- Small mirror
- Soap (preferably liquid, bars need a container)
- Toothbrush/toothpaste
- Washcloth/towel

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## OTHER

- First aid kit
- Insect repellent/sunscreen
- Miscellaneous- safety pins, needle, thread, scissors, buttons, eyeglasses, extra set of car keys
- Money- coins, small bills, credit card
- Valuable documents- keep copies in your emergency kit or packet ready to go with you
- deeds, mortgage, titles, insurance, account numbers, wills; list of home contents; pictures; social security number, birth certificate, driver's license, other ID cards; genealogy and current pictures of family members; name, address, & telephone number of out of state contact, other pertinent numbers. All can be stored on CD or flash drive



# INFANTS/TODDLERS/SENIOR CITIZENS/PETS

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## INFANT/TODDLERS

- Individual bag- labeled with their name
- Disposable diapers- 36 -48 minimum\*
- Disposable wet wipes\*
- Plastic garbage bags\*
- Change of clothing times two\*
- Pajamas times two
- Blankets times two
- Hat/gloves/socks
- Infant formula- may need to supplement nursing babies
- Instant baby cereal
- Canned food, juices- eat when open to prevent spoilage
- Teething biscuits, Ora-jel
- Sterilized water, Pedialyte
- Plastic bottles- labeled with name
- Disposable bottle liners
- Extra nipples
- Bibs
- Plastic spoon and bowl
- Pacifier- labeled with name
- Safety pins
- Baby powder
- Baby oil
- Diaper rash medication
- Children's Tylenol
- Assorted toys- labeled with name

The most critical aspect of infant care during emergencies is sanitation. Infants, by nature, become soiled and dirty from one minute to the next, thus providing excellent breeding grounds for disease-causing bacteria which may infect not only the infant but also adults that come into contact with it. Store a sufficient supply of disposable diapers, wipes, and garbage bags. Change infants regularly and keep them clean. Dispose soiled diapers in garbage can liners and keep them tightly sealed to prevent spread of disease. Wash hands often. For an emergency diaper line plastic pants with scraps of cloth, tissue, paper towels, and/or other absorbent material.

Children can help in emergency preparation by gathering and preparing supplies to be stored. Teach them about warning sounds such as smoke alarms, carbon monoxide detectors, and sirens, in your home and neighborhood. Help them memorize their family name, address, and phone number as early as possible. Take time to hold, cuddle, talk, and especially, listen to and encourage them, to talk about their feelings; they need extra attention/reassurance during an emergency. Keep them close to the rest of the family. Sing songs and play simple games like: I Spy; Duck, Duck Goose; Button, Button; Lion Hunt; etc.

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## SENIOR CITIZENS

In addition to preparing a 96 hour kit:

Arrange for someone to check on you and have a plan to signal the need for help. Have extra batteries for hearing aids, have proper wheel chair needs, extra oxygen, and extra eyeglasses

List the style and serial numbers of medical devices (such as pacemakers), and keep a list of all medications and dosages. Teach those who will assist you how to operate all necessary equipment.

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## PETS

Consider your pet's needs in planning for an emergency

- Have a current ID tag/license
- Keep vaccinations current
- Keep pet carriers, extra collars/leashes on hand to contain/control, and/or calm your pet
- Each pet needs a minimum of ½ gallon of water per day
- Store a minimum of 2 weeks supply of food
- Pets are not allowed in Red Cross shelters during evacuation emergencies

## OTHER EMERGENCY KITS

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### BASIC FIRST AID KIT

- 2 pairs of latex gloves or other sterile gloves if allergic to latex
- Sterile dressings to stop bleeding. Adhesive bandages in a variety of sizes. Cleansing agent or soap. Triangular bandage
- Antibiotic and burn ointment to prevent infection
- Petroleum Jelly or other lubricant and eye solution to flush the eyes
- Waterless alcohol-based hand sanitizer or germicidal hand wipes
- Thermometer/scissors/tweezers
- Personal medications, including a list of all medications and dosages
- Non-prescription drugs like aspirin/non-aspirin pain relievers, anti-diarrheal medications, antacids, laxatives, Syrup of Ipecac



## OFFICE EMERGENCY KIT

KEEP A BACKPACK OR TOTE BAG UNDER YOUR DESK FOR EMERGENCY USE. IN AN EMERGENCY YOU COULD BE STRANDED AT YOUR OFFICE FOR SEVERAL DAYS. PLAN FOR AT LEAST 96 HOURS.

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|---|--|--|
| <ul style="list-style-type: none"> <li>• Blanket, flat sheet, and pillow, or sleeping bag</li> <li>• Change of clothes, socks, shoes, undies</li> <li>• Coat/jacket</li> <li>• First aid kit</li> <li>• Flashlight &amp; extra batteries</li> </ul> | <ul style="list-style-type: none"> <li>• Non-perishable food items</li> <li>• Hygiene supplies- travel size lotions, soaps, shampoo/conditioner, toothpaste, toothbrush, mouthwash, toothpicks, floss</li> </ul> | <ul style="list-style-type: none"> <li>• List of family names and telephone number's</li> <li>• Extra Medications</li> <li>• Hard candy</li> <li>• Towel/washcloth</li> <li>• Liter bottles of water</li> <li>• Whistle and lanyard</li> </ul> |
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## CAR SURVIVAL KIT

THE FOLLOWING ITEMS COULD PROVE EXTREMELY USEFUL. ALWAYS MAINTAIN AT LEAST ½ TANK OF GAS AND CARRY A BAG OF SAND OR ROCK SALT

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|--|--|---|
| <ul style="list-style-type: none"> <li>• ABC Fire Extinguisher</li> <li>• Blankets or sleeping bag</li> <li>• Bottled water (2 Liter)</li> <li>• Candles</li> <li>• Car tool kit (pliers, screw driver, hatchet, folding shovel, wire, saw, nails, twine, tape, file)</li> <li>• Clothes- boots, socks, gloves, hat, etc.</li> <li>• Compass</li> <li>• First aid kit/manual</li> <li>• Flashlight with extra batteries</li> </ul> | <ul style="list-style-type: none"> <li>• Fold up stove with fuel tablets</li> <li>• Gloves- work gloves, rubber disposable gloves</li> <li>• Ice scraper for winter</li> <li>• Jumper cables</li> <li>• Map</li> <li>• Mirror</li> <li>• Non-perishable food</li> <li>• Paper/pencils</li> <li>• Pre-moistened towels</li> <li>• Portable radio/batteries</li> </ul> | <ul style="list-style-type: none"> <li>• Reflectors/flares</li> <li>• Rope</li> <li>• Sewing kit</li> <li>• Short, rubber hose for siphoning</li> <li>• Space blanket</li> <li>• Tissues</li> <li>• Tow rope</li> <li>• Waterproof matches</li> <li>• Whistle</li> <li>• Zip lock bags</li> </ul> |
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## OTHER ESSENTIALS FOR STORAGE

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### TOOLS

- Adjustable wrench/hammer/nails
- Ax/saw
- Bailing wire/twine
- Broom/dustpan
- Bucket
- Crowbar
- Durable work gloves
- Pliers
- Rope
- Screwdrivers
- Shovel
- Tape (Duct/plastic/electrical)
- Tarps

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### COOKING

- Aluminum foil (heavy duty & regular)  
Bucket or dishpan
- Canning lids/paraffin wax
- Manual can opener
- Camp stove/fuel
- Charcoal/lighter fluid
- Dish cloth/towel/scrubby/detergent
- Napkins/paper towels
- Paper plates/cups/utensils
- Plastic wrap/wax paper/zip lock  
bags/coffee filters
- Pots/pans (2)
- Sharp knife

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### BEDDING

- Warm blankets- fleece, wool
- Rubberized sheets
- Warm sheets- flannel, fleece
- Sleeping bags/pillows

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### CLOTHING

- Boots
- Gloves
- Warm coat/jacket/poncho
- Seasonal clothing- layers
- Shoes/warm socks- 2 pair, 1 wool

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### SAFETY ITEMS

- Assorted batteries
- Assorted candles
- Flashlights with batteries
- Fire extinguisher
- Garden hose (firefighting/siphoning)
- Insecticides
- Lantern/fuel/matches/lighters
- Paper/pencils
- Battery-operated radio

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## SANITATION

- Large trash can w/ tight fitting lid
- Ammonia
- Bleach clean rags
- Disinfectant- Lysol, Pinesol, etc.
- Plastic bags/garbage bags- various sizes
- Newspapers- for fuel, blankets, or wrapping waste
- Toilet paper
- Wet wipes

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## HYGIENE SUPPLIES

- Combs/brushes
- Contact lens solutions
- Deodorant
- Extra glasses
- Feminine supplies
- Hand soap- 15 bars/person/year
- Infant supplies- disposable diapers, plastic pants, diaper ointment, etc.
- Laundry detergent (25 lbs/person/yr)
- Shampoo/conditioner
- Shaving supplies
- Tissue
- Toothbrush/toothpaste
- Wash cloths/towels

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## PETS

- Food
- Litter box supplies/plastic bags for waste
- Leashes/collars
- Medications

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## BASIC LIST OF MEDICAL AND FIRST AID SUPPLIES BANDAGING

- Ace bandages and assorted sizes of gauze (2", 3", 4")
- Assorted sizes sterile dressing, 1" tape- cloth, plastic, or paper
- Assorted bandaids- butterfly, fingertip, knuckle
- Sanitary napkins, individually wrapped
- Super Glue for wound closure
- Triangular bandages

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## COLDS

- Antihistamine/decongestants
- Cold medicine of choice
- Cough lozenges/syrup
- Vitamins (i.e. C, D, B complex)

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## DISINFECTANTS

- Rubbing alcohol
- Alcohol preps, individually wrapped
- Gel hand sanitizer
- Hydrogen peroxide
- Bar soap
- Triple antibiotic ointment (Neosporin)
- Water purification tablets

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## EYE CARE

- Lubricating eye drops
- Contact lens solutions
- Ophthalmic antibiotic ointment- Rx only

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## GASTROINTESTINAL RELIEF

- Antacids- liquid/tablets
- Anti-nausea- Dramamine
- Diarrhea medication- Imodium
- Laxative/glycerin suppositories
- Pepto Bismol/Alka-Seltzer

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## INSECT BITES AND STINGS

- Baking soda
- Benadryl- for allergic reactions
- Calamine/Caladryl lotion

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## OINTMENTS

- KY jelly- water-soluble
- Mentholatum
- Petroleum jelly
- Zinc oxide

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## PAIN RELIEF

- Aspirin/non-aspirin pain relievers
- Earache/toothache drops
- Prescribed medications
- Tylenol drops for babies

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## SKIN RASHES-ALLERGIC REACTIONS

- Antihistamine tablets/syrup
- Benadryl/Caladryl
- Hydrocortisone cream
- Prescribed medications
- Epi pens

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## MISCELLANEOUS ITEMS

- Favorite home remedies
- First aid manual
- Lip balm
- Consecrated oil- if LDS
- Insect repellent
- Personal medications/equipment- insulin, syringes, heart meds, etc.
- Sunscreen/block

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## TOOLS AND EQUIPMENT

- Container- tackle box, plastic box, etc.
- Collapsible drink cup/paper cups
- Dental floss
- Gloves- durable work/latex
- Instant ice pack
- Matches in waterproof container
- Medicine dropper/dosage cups
- Q-tips
- Penlight with batteries
- Pocket knife- sharp
- Pocket mask- or other barrier to use in CPR
- Scissors- trauma shears/regular
- Sewing needles/thread
- Safety pins
- Splinting materials
- Thermometer
- Tongue depressors
- Tweezers

\*Some of these items may be duplicated as extra supplies

# FIRST AID BASICS



First Aid/CPR classes are routinely available in the community through organizations like the ARC. CERT classes are also taught regularly and teach important disaster response skills. Get involved by taking a class. 911 dispatchers are trained and give patient care instructions until emergency personnel arrive. Stay calm, and stay on the phone until THEY end the call.

## ABC'S OF FIRST AID

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### AIRWAY---

Proper airway positioning and maintenance is a priority, without which the victim may die. If the victim is conscious, talking or breathing, the airway is assumed to be clear. If snoring sounds are heard, a partially obstructed airway should be expected; reposition the head to secure a better airway. If the victim is not breathing, make sure there are no obstructions in the victim's mouth and that the head is tipped back for an open airway. Position the victim on his/her back only if necessary, keeping the head in line with the spine as a unit while doing so. Use help when possible.

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### BREATHING---

Begin rescue breathing if the victim does not start to breathe after proper positioning of the airway has been achieved.

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### CIRCULATION---

Circulation includes the pumping of the heart as well as controlling bleeding. If no pulse is detected, CPR is needed. Most bleeding can be controlled by placing a bandage and applying direct pressure. If bleeding continues add more bandages to already existing ones. If bleeding still continues, elevate the limb and consider applying direct pressure to the femoral artery or brachial artery according the limb affected.



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## FIRST AID BASICS CONTINUED

RECOGNIZING AN EMERGENCY AND TAKING ACTION IN THE FIRST FEW MINUTES CAN MEAN THE DIFFERENCE BETWEEN FULL RECOVERY, LIFE-LONG INJURY, OR DEATH.

1. Check scene for safety. Make the scene safe, if possible, before rendering aid. Do not become a victim of an unsafe scene!
2. Check the victim's level of consciousness or responsiveness, airway, breathing, circulation
3. When calling 911, be prepared to give:
  - a. Exact location
  - b. Caller's name
  - c. What happened and how many are involved
  - d. Condition(s) of victim(s)
  - e. Care/service that is being given
4. Call 911 if the victim:
  - a. Is, or becomes, unconscious
  - b. Has trouble breathing
  - c. Has chest pain or pressure
  - d. Is bleeding severely
  - e. Has seizures, a severe headache, and/or slurred speech
  - f. Appears to have overdosed or been poisoned
  - g. Has injuries to the head, neck, and/or back
5. Call 911 if the situation involves:
  - a. Fire or explosion
  - b. Downed electrical wires
  - c. Swiftly moving or rapidly rising water
  - d. Presence of poisonous gas
  - e. Vehicle collisions
  - f. Victims who cannot be moved easily



KEEP THE VICTIM WARM, REASSURE THEM, AND WATCH FOR CHANGES

## ALTERNATIVE HEAT, LIGHT, & POWER SOURCES

1. **FIRE STARTERS**- store waterproof matches, butane lighters, flint & steel, charcoal starter, etc.

2. **FIREPLACE, OPEN FLAME (campfire or outside fire pit)**- suspend a Dutch oven over the heat by using a tripod, much like the early settlers did, or set the Dutch oven directly on the hot embers you have made in the fireplace or outside campfire



3. **WOOD BURNING/COAL STOVES**- use frying pans/pots on top to cook your meal

4. **GAS CAMP STOVES (white gas, gasoline, kerosene, propane)**- two burners using white gas will operate for 4 hours on 1 quart. Outdoor use only.

5. **BARBECUE GRILL (charcoal or propane)**- easy to use and store

6. **STERNO**- works well for small quantities of food

7. **VOLCANO**- an outdoor stove you can use with 2 Dutch ovens that uses about half of the charcoal one normally uses with a conventional Dutch oven.

8. **DUTCH OVEN**- a 10" Dutch oven with 6 or 7 briquettes on the lid and 5 or 6 below the pot will cook a full load of food. Outdoor use only.



9. **HIBACHI**- four or five charcoal briquettes in an 8"x8" Hibachi will generate enough heat to cook a simple meal. Outdoor use only.



10. **ALCOHOL STOVE**- place 1 roll of toilet paper in 1 quart metal paint can and pour rubbing alcohol over the toilet paper, then light with a match. The can will only get hot on the bottom once the alcohol has burned down. Extinguish the flame to add more alcohol, as needed, then relight for further use. Control the intensity of the heat by adjusting the lid.

11. **CHARCOAL STOVE**- turn a #10 can into a charcoal stove. Cut out top and bottom of the can, and punch holes around the top and bottom. Punch several holes in the lid and wire it about half way up the can. Place the charcoal on top to light it. Use a sturdy piece of wire screening, or crisscross wire across the top to make your own cooking rack.



12. **FLASHLIGHTS**- new batteries last 6-7 hours of continuous use; six-month old batteries last 5-6 hours

13. **CANDLES**- a ¾"x 4" will burn for about 2 hours 20 minutes

14. **COLEMAN MANTLE LANTERN**- a two mantle lantern will burn for about 5 hours on ½ quart of white gas

15. **KEROSENE LANTERN**- with a 1 inch wick this lantern will burn for about 45 hours on only 1 quart of kerosene

16. **LIGHT STICKS**- safest emergency light

17. **GENERATORS**- an excellent source of safe power, however require large quantities of fuel. Most run on gasoline, burning about ½ to 3 gallons per hour.

Itemize energy requirements to select the appropriate size for your needs, using the smallest size possible to conserve on fuel. Operate generators in an open area with appropriate ventilation. DO NOT ATTACH the generator to your house current without an approved transfer switch. The electrical "back feed" can injure or kill workers while repairing power lines. For more information consult a licensed electrician.



## SANITATION

HYGIENE IS CRUCIAL DURING AN EMERGENCY! SANITATION CAN QUICKLY BECOME THE CULPRIT FOR RAPID SPREAD OF DISEASE.

**Wash hands frequently** using items such as Purel, rubbing alcohol, lotions containing alcohol, shaving lotion, towelettes (i.e. baby wipes), and/or a wet washcloth to minimize the usage/waste of precious water.

**Toilet with a bag-** remove water from the toilet bowl and line it with 2 sturdy trash bags. Use it as usual without flushing. When the bag is half full remove it and tie it securely for disposal, then store in a covered trash can until disposal service is resumed.

**SANITATION KIT** (store items large bucket)

- 5- 6 gallon bucket with tight fitting lid Snap-on type toilet seat/lid
- 12) plastic liner/garbage bags
- 4) pair rubber gloves
- 2) rolls toilet paper
- Disinfectants- liquid chlorine bleach, Nilogel clean-up gel, Pinesol, powdered laundry soap, and/or powdered chlorinated lime from a building supply store. (Be sure to get chlorinated lime and not quick lime as it is highly alkaline and corrosive; use in dry form.)
  - bottle of 3% Hydrogen Peroxide
  - box of Baking Soda
- ½ gallon of white vinegar
- 1) large bottle of a hand sanitizer
- 1) roll of paper towels
- 1) pkg. baby wipes
- 1) 2 liter bottle of water
- Supply of old newspapers for wrapping garbage
- 2-3 spray bottles
- Feminine hygiene items
- 1) 10 gallon bucket



## DIRECTIONS FOR EMERGENCY TOILET

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1. Put 2 garbage bags as a liner in the bucket and snap on the toilet seat
2. Sprinkle one tablespoon of Nilogel, or other disinfectant in the bucket. The Nilogel will absorb over 100 times its own weight- up to two gallons of liquid. The liquid becomes a gel and deodorizes the toilet contents. This gel is biodegradable. If using other disinfectant sprinkle disinfectant on top of waste after each use.
3. The toilet is ready to use. Operate as usual with toilet paper and all.
4. Use baby wipes or hand sanitizer on hands after each use and dry hands with a towel
5. Replace lid securely after each use. KEEPING THE LID TIGHT is the key to disease control!
6. Wearing rubber gloves, carefully remove the first bag when ½ full and place it in the larger bucket (10 gal), securing its lid
7. Replace liner in toilet bucket so always double bagged



**Disinfectant-** when using bleach use ¼ cup bleach to 1 quart water. Other commercial disinfectants include HTH, or calcium hypochlorite available at swimming pool supply stores. Portable toilet chemicals are also available through recreational vehicle supply stores.

Never deposit waste or garbage on open ground.

*"In times of emergency, the military procedure is to bury human waste in trenches 24"-30" deep, and cover with a thin layer of lime."* **Earthquake Preparedness, 1989, p.16**

For longer storage times without unpleasant garbage odors, garbage should be drained and wrapped in several thicknesses of newspaper to absorb extra moisture, and covered with a tight-fitting lid to keep flies away. Other non-decomposing trash can be burned with permission from local authorities.

## ADDITIONAL SUPPLIES FOR DISINFECTING AND ODOR CONTROL

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**Baking soda-** helps control odor, stops mold, fungus or mildew, and is a natural whitener. It can relieve heartburn and indigestion, and can neutralize acids in a sour stomach associated with diarrhea. Drink 1 cup of water mixed with 1 teaspoon of baking soda. Baking soda mixed with a pinch of salt can be substituted for toothpaste.

**3% hydrogen peroxide-** an antiseptic. Store in a small spray bottle with no water added. Can be used to clean minor cuts/abrasions, and for gargling and rinsing the mouth. For disinfecting, spray on then wipe off.

**White distilled vinegar-** an antibacterial (99%), anti-mold (82%), and anti-viral (80%). Store in small spray bottle with no water added. For disinfecting, spray on then wipe off.

**Combining vinegar and hydrogen peroxide-** using one after the other in any order kills virtually all Salmonella, Shigella and/or E. Coli bacteria on heavily contaminated surfaces. *Science News* 8/8/98; Vol 154, Issue 6, p. 83-85.

# COMMUNICATIONS

In a wide scale emergency/disaster, common means of communications will likely not work, but if they do, calling out of state will be easier than calling in state. Therefore, all family members should know, or have, an “out of state contact” number.



TELEPHONES, CELLULAR PHONES, AND PAGERS WILL LIKELY BE UNAVAILABLE OR OF LITTLE USE. KEEP AN EXTRA CELL PHONE CHARGER IN YOUR CAR.

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WALKIE-TALKIES OR 2 WAY FAMILY RADIO SERVICE (FRS) RADIOS AND CB RADIOS MAY BE VERY USEFUL BUT WILL LIKELY EXPERIENCE HEAVY USAGE. A SUPPLY OF BATTERIES IS ADVISABLE. RECHARGEABLE BATTERIES MAY BE UNUSABLE IF THERE IS NO POWER.

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GMRS RADIOS HAVE LONGER RANGE- ABOUT 5 MILES

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AMATEUR (HAM) RADIOS. OPERATORS MUST BE LICENSED

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“CityWatch” is a county automated notification system operating as a reverse 911 system. It calls individual homes to deliver emergency notification, and can call up to 1,600 homes in 30 minutes. Unlisted/blocked numbers may not receive a call. A pre-recorded message is delivered twice. Caller ID may identify the call as the Davis County Health Department. Communicate with neighbors during an emergency; if you, or a neighbor receive a call, each of you should heed the message.

Battery powered standard AM/FM radios provide emergency alerts/messaging for the Wasatch Front area. Radio frequencies are reliable during emergencies as opposed to other standard forms of communication. Tune to **KSL 1160 AM** radio. CERT volunteers, or other trained civilians, may be used to communicate/coordinate response activity.



# VITAL DOCUMENTS

Emergency preparation includes keeping important financial and legal documents in a safe, accessible place where you, or those close to you, can get them. Keep in mind that copies are not always the same as originals and do not have the same validity.

Have the original or a certified copy of the following:



- Living Wills, powers of attorney
  - Medical, powers of attorney
  - Wills/trusts
  - Titles/deeds
  - Civilian passports, military/veteran papers
  - Certificates for stocks, bonds, investments
- Insurance policies (life, home, auto)
  - Social security cards, driver's license or important identification cards
  - Birth certificates/adoption decrees
  - List of health/medical information
  - Naturalization records
  - Marriage license/divorce papers and child custody papers
  - List of financial investment information, including account numbers
  - Important contact information (family, friends, doctors, attorneys, insurance agents)
  - Household inventory documentation
  - Mortgage papers
  - Genealogy/family history/pictures



**CAUTION!! IDENTITY THEFT/FRAUD IS A RISK. PROTECT THESE RECORDS BY STORING ON AN USB DRIVE OR CD**



# EMERGENCY BASICS

## BEFORE AN EMERGENCY

1. Know how to turn off gas, water, and electricity to your home
2. Know basic first aid
3. Have a “96 Hour Emergency Kit” readily available
4. Keep a half of a tank of gas in your car, as a minimum
5. Have plans where to reunite your family- one place outside and near your home, and another place outside the immediate neighborhood
6. Have an “out of area” contact person which every family member should know and/or have with them
7. Have operational smoke alarms, carbon monoxide detectors, and fire extinguishers installed
8. For young children at school, keep a current list of people authorized to pick them up. Tell older children who self-transport to follow instructions of authorities
9. Know your neighbors, their skills, and their needs. Plan how to help those with special needs, i.e. elderly, disabled, very young children, etc. Working together this way saves lives and property, and minimizes stress and confusion.
10. Have a “**Home Hazard Hunt**”
  - a. Repair defective electrical wiring and leaky gas connections
  - b. Secure water heater to studed walls
  - c. Fasten shelves securely
  - d. Place large, heavy objects on lower shelves
  - e. Hang pictures/mirrors/other large or heavy items, away from beds
  - f. Brace overhead light fixtures and all other heavy objects/furniture to walls
  - g. Store weed killers, pesticides, and flammable products away from heat sources
  - h. Clean/repair chimneys, flue pipes, vent connections, and gas vents

- i. Place oily rags/waste in covered metal cans
- j. Clear surrounding brush/weeds 30' from home. Secure anything that could move, fall, or break, and/or cause a fire

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## DURING AN EMERGENCY

1. STAY CALM, REASSURE OTHERS (especially young children), THINK through the consequences of any action
2. DO NOT TIE UP TELEPHONE LINES needed for emergency operations
3. LISTEN to portable radio for ALL weather service advisories on KSL 1160AM
4. REMAIN INDOORS- stand in hallways, strong interior doorways, or take cover under a desk/table away from glass
5. FOLLOW ADVICE OF LOCAL AUTHORITIES- if told to evacuate, do so promptly; if told to go to a certain location, go straight there and check in

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## AFTER AN EMERGENCY

1. Check for injuries. Provide first aid
2. Check for safety using a flashlight/light stick
3. Check for gas, water, and sewage breaks, and downed electric lines and shorts. Turn off appropriate utilities only if you suspect damage or if you are instructed to do so. **A certified professional is required to turn gas utilities back on.**
4. Check for home hazards (fire/spills). Fumes from spilled bleach, gasoline, and/or other liquids may be deadly if they mix and/or are released in large quantities. Contact emergency personnel on how to clean up spilled liquids and get out immediately if there are noxious fumes.
5. Listen to the radio for specific instructions from public safety agencies
6. Local media will announce change in school openings/closings
7. Always wear shoes
8. Stay off the telephone except to report emergencies
9. Check on neighbors, primarily those with special needs (elderly, disabled, etc.)
10. Contact relatives after the emergency and provide an update

# SPECIFIC EMERGENCIES

## EARTHQUAKE

### BEFORE

1. Know and follow “Emergency Basics 1-9”
2. Know the earthquake plan for your children’s school and discuss it with them
3. Have earthquake drills
4. Identify safe spots in each room
5. Practice getting to the safest spot in less than 2 seconds, and cover your head
6. Identify danger zones that can hurt you (i.e. bookcases, windows, furniture)
7. Drill once a month by having a family member yell, “EARTHQUAKE!!” Respond appropriately, then discuss results



### DURING

1. STAY CALM/REASSURE OTHERS- expect loud noises as sounds will come from the motion of the ground, the structure of the building, and from falling objects
2. IF INSIDE- stay inside finding protection in a doorway, hallway, or under a desk/table, and away from tall book shelves, or glass. Avoid brick walls and chimneys/fireplaces. Cover your head and face with whatever is nearby (i.e. coat, blanket, cardboard) to shield from falling debris and/or shattering glass.
3. IF OUTSIDE- stay there and move away from buildings, trees, and powerlines/poles. The greatest danger from falling debris is just outside doorways and near outside walls.
4. IF DRIVING- stop as soon as possible. Never stop on, or under, bridges, overpasses, or powerlines, or where buildings can fall on you. Stay in the vehicle; it provides protection, is an excellent shock absorber. When you begin to drive again, watch for hazards created by the earthquake such as fallen/moved objects, downed powerlines, and broken or undermined roads.

5. IN A BUILDING- stay next to a pillar/support column, under a heavy table or desk, and away from windows and filing cabinets that can open toward you
6. AT A PUBLIC EVENT (i.e. theater, athletic stadium)- drop to the floor between the seats, cover your head, hold on, and ride it out. DO NOT RUSH FOR THE EXITS as hundreds of others will do. Be calm, avoid elevators, and anticipate crowd hysteria.

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## AFTER

1. Anticipate aftershocks
2. Check for injuries. Provide first aid. Do not try to move seriously injured persons.
3. Stay with, and console children; they fear separation during times of stress
4. Turn off appropriate utilities. Check for gas, water, and sewage leaks/breaks.
5. Check for downed electrical lines and shorts
6. Check for fire hazards, chemical spills, and toxic fumes. If there is leaking gas, leave the house and report to authorities.
7. Check building for cracks around chimney and foundation
8. Open cabinets and closets carefully and be ready for falling objects
9. Flashlights or light sticks are safe. Do not turn on electrical switches, light matches, or create a spark until you are sure there are no gas leaks.
10. Wear shoes. Clean up dangerous spills, broken glass and debris.
11. Listen to the radio for specific instructions from public safety agencies
12. Stay off the telephone except to report emergencies
13. Stay away from severely damaged buildings; an aftershock could cause it to collapse
14. Confine or leash frightened pets
15. **NEVER ASSUME DOWNED POWER LINES ARE DEAD!** Avoid shock, serious burns, and death by staying clear of them. People, metal, and damp objects conduct electricity. If you try to rescue someone in contact with live wires, use a wooden pole or other non-conductive material to move the wire. If you are in your car and live wires have fallen across the car, remain in your car until help arrives.

16. Notify family to let them know your condition and location. If you must leave, provide information on your intentions of travel (route) and who you are with. Do not go sightseeing.
17. Practice strict sanitation. Wash hands often, keeping hands away from face (eyes/mouth) as much as possible.

## ADDITIONAL INFORMATION

### **MOST INJURIES, DEATHS, AND ECONOMIC LOSS IN A QUAKE RESULT FROM A LACK OF PREPAREDNESS/HUMAN MISHAPS, AND CAN OFTEN BE PREVENTED**

Solutions to minimize loss can be simple and inexpensive; consult a professional contractor that specializes in seismic construction. To reduce damage to you and your property in the event of an earthquake: **immobilize/secure light fixtures, cabinets, bookcases, and top-heavy objects to resist movement and the risk of falling down on top of you during the quake. Place hard/heavy objects on lower shelves and securely fasten shelves to walls. Remove objects from above sleeping areas. Do not hang plants in heavy pots that can swing, separate from their attachments, and become airborne.**

**Storage-** keep bottled goods, glass, vases, china, and other breakables in low or closed cabinets, using non-skid, padded matting, Velcro, or hold fast putty wherever possible.

**Maintenance-** ensure wiring, piping, and connections to all appliances/utilities are up-to-date and proper; defective wiring and rigid gas/water connections are very dangerous, and/or messy, in the event of an earthquake.

**Secure furniture/appliances-** use “L” brackets, corner brackets, and/or anodized aluminum molding to attach tall or top-heavy furniture to the wall, and use corner brackets or eye bolts to secure items that are a short distance from the wall. Attach a wooden/metal guardrail on open shelves to keep items in place. Fishing line is a less obvious option.

**Have a family plan-** identify what to do if an earthquake occurs while family members are at home, school, or work. This plan should include a central meeting location for family members after the quake as well as an out-of-area contact person so family members can be updated on loved ones in the disaster area. During a disaster, calling out-of-area is more probable than a local call.

**Practice drills-** each member of your family should know by regular practice what to do in an earthquake.

**Utility switches/valves-** all responsible family members should know how to turn off the water, power, and gas to the home.

## SECURING WATER HEATER IN CORNER OR CLOSET

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### Materials:

- $\frac{3}{4}$ " x 24 gauge perforated steel plumber tape
- $\frac{1}{4}$ " x 3" lag screws and flat washers, or  $\frac{1}{4}$ " expandable anchors with 2" embedment for concrete/masonry walls

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### DIRECTIONS

- The water heater should be 1" to 12" away from the corner walls.
- Locate the wall studs on both sides of the water heater, not behind it.
- Anchor plumber's tape (a flexible steel strap) to a wall stud with a  $\frac{1}{4}$ " x 3" lag screw and flat washer.
- About 9" from the top of the tank, wrap the plumber's tape around the entire tank in a clockwise direction, then anchor the tape to the stud on the other wall. Tape should be tight.
- Repeat the last step again only this time wrap the tape in a counter-clockwise direction.
- Repeat the last two steps, two more times, about 4" from the bottom of the tank.

## SECURING WATER HEATER ON A STRAIGHT WALL

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### Materials:

- $\frac{3}{4}$ " x 24 gauge perforated steel plumber's tape
- $\frac{1}{2}$ " conduit
- $\frac{1}{4}$ " x 1" round head machine screws with nuts and flat washers
- $\frac{1}{4}$ " x 3" lag screws and flat washers, or  $\frac{1}{4}$ " expandable anchors with 2" embedment for concrete/masonry walls

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### DIRECTIONS

- The water heater should be 1" to 12" away from the wall.
- Locate the wall studs on both sides of the water heater, not behind it.
- Wrap plumber's tape around the tank 9" from the top and 4" from the bottom. Secure tape with round head machine screw, flat washers, and nut.
- Cut four pieces of conduit to size. Use the conduit as angle bracing from the wall studs to the tank. Flatten 1" at each end of the conduit and bend 45 degrees. Drill holes  $\frac{1}{2}$ " from each end.
- Anchor the conduit to the wall studs. Use  $\frac{1}{4}$ " x 3" lag screw and a flat washer. Then anchor the conduit to the plumber's tape using  $\frac{1}{4}$ " x 1" round head machine screw, washer and nut. Install flexible hoses for both water and gas connections.

## POWER OUTAGE

### BEFORE

1. Know location of electrical panels/circuit breakers/fuses
2. Store antifreeze
3. Have emergency supplies (water, food, first aid, flashlight, etc.)

### DURING

1. Unplug all major appliances. Once power returns, a power surge could damage appliances.
2. Report any downed power lines
3. Keep refrigerator/freezer doors closed
4. For long term power failure in the winter, winterize your home to protect your pipes from freezing
  - a. shut off water main at the street
  - b. drain water from pipes at the lowest faucet
  - c. flush all toilets so there is no water left in them
  - d. turn off gas to water heater and drain
  - e. pour antifreeze in all drains/toilet bowls/toilet tanks
  - f. have alternate plans. If you must stay at home, heat one room rather than the entire house.
  - g. heating/cooling equipment that requires any kind of fuel/propane, or charcoal briquettes is for outdoor use only



### AFTER

1. When power returns, plug appliances in one at a time to prevent system overload
2. Make sure all faucets/taps are close when turning the water back on
3. Check food in the refrigerator/freezer. Food stays cold up to 6 hours behind closed doors. Foods with “warmer than refrigeration” temperatures longer than 2 hours should be discarded. Food from the freezer that is as cold as refrigeration temperatures can be eaten but do not re-freeze. Meat with ice crystals can safely be re-frozen. Thawed meat that is “refrigeration cold” can be cooked or re-frozen. In a well filled freezer, food will have ice crystals for about 3 days. (USU Extension)

## HIGH WINDS

### BEFORE

1. Secure objects such as outdoor furniture, tools, trash cans, etc.
2. Have emergency supplies like water, food, first aid kit
3. Listen to the radio for weather updates
4. Be prepared to board/tape up windows
5. Open a window at the opposite end of the house about 1" to relieve pressure



### DURING

1. Take shelter in center hallways, closets, or basement areas away from windows
2. Avoid areas where flying objects may hit you

### AFTER

1. Clean up
2. Tape windows with Duct tape and plastic if cracked; board up if beyond repair

## SEVERE THUNDER & LIGHTNING

### INDOORS

1. Stay away from open doors, windows, and fireplaces
2. Close curtains to protect from shattering glass



3. Do not use electrical equipment such as hair dryers and electric blankets during the storm
4. Do not use telephone except for emergency; lightning may strike the lines



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## OUTDOORS

1. Do not use metal objects such as lawn mowers, fishing rods, and golf clubs. Remove any metal from body (i.e. golf shoes)
2. Get out of and away from water
3. Avoid being the highest object in any area. Drop low to the ground in a crouching position with your hands on your knees and your head between them. DO NOT lie flat on the ground. An electrical charge makes your skin tingle and your hair stand on end.

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## FIRST AID

1. Persons struck by lightning receive a severe electrical shock and may be burned where the lightning entered and exited the body, but after the strike can be handled safely; they do not carry an electrical charge.
2. A person struck by lightning can be revived by prompt CPR administration

## BLIZZARDS

Avoid traveling in blizzard conditions by being informed. If trapped in a car by a blizzard:

1. Have a car survival kit (personal car)
2. Stay in the vehicle and do not attempt to walk out; disorientation occurs quickly in a blizzard
3. Avoid overexertion from trying to push the car out or shoveling heavy snow drifts
4. Run the motor about 10 minutes each hour for heat with a rear window slightly ajar for ventilation. Avoid carbon monoxide poisoning by making sure the exhaust pipe does not become blocked with snow.
5. Make yourself more visible by raising the hood and tying a red cloth to the antenna
6. Exercise by clapping hands, moving fingers, arms, and legs, and changing positions frequently for blood circulation
7. Do not eat snow; it lowers body temperature
8. Do not allow all occupants of the car to sleep at once. Keep one alert and aware.



## FLOODS

### BEFORE

1. Is your home in a probable flood plain? If so, make plans what to do and where to go.
2. Store emergency supplies: water, food, first aid, medications, documents, radio, flashlights, etc.
3. Listen for updates and instructions on the radio and/or t.v.



4. Use sandbags, lumber, and plastic sheeting as needed to protect from water. Stack sandbags away from building walls to avoid damaging them.

5. Maintain vehicles with ½ tank at all times for evacuation possibilities

6. Move valuables to an upper floor, or as high as possible,

and prepare for evacuation

### DURING

1. If time permits, disconnect all gas and electrical appliances. Shut off the main power supply to the house and the main water valve to keep contaminated water from entering the house. Shut off gas only if a leak is suspected.
2. Imminent evacuation- use travel routes recommended by local authorities to reach the destination. Drive slowly in water. If car stalls, abandon it as soon as safe to do so.
3. Listen for emergency updates on the radio- KSL 1160 AM

### AFTER

1. Do not return home until local authorities say it is safe to do so
2. Check your home carefully for structural damage, gas leaks, and downed electrical wires
3. Do not use electrical appliances that have been in flood waters until repaired/replaced
4. Do not eat food that has been contaminated by flood waters
5. Do not drink tap water until authorities say it is safe to do so
6. Flood waters carry contaminants/disease. Clean everything salvageable and throw out wet food, medicines, and cosmetics.

## FIRES

REMOVE FUEL, AIR, AND/OR HEAT AND THE FIRE WILL GO OUT!

### PREVENTION

1. Keep a clean/organized house; discard trash regularly and place oily rags in metal cans outside home. Use proper size fuses/breakers, replace frayed cords, and don't overload electrical outlets.
2. Store flammable liquids outside the home in air-tight, metal containers
3. Maintain smoke detectors/fire extinguishers
4. Keep garden hose near outside faucet during fire danger months
5. Keep oak brush, weeds, and other greenery at least 30' from the house

### BASIC FIREFIGHTING

1. Keep an escape route between you and the fire
2. Apply fire extinguishing agent at the base of fire where flames meet the fuel. Use a sweeping motion back and forth to put it out.
3. If your clothes catch on fire **STOP! DROP! And ROLL!!**
4. Escape- have two ways out of every room. **GET OUT FAST!** Don't stop to dress, gather pets, or belongings. Smoke and toxic gasses rise quickly, and can kill you in fast. Keep your head below the smoke; crawl on your hands and knees if you have to. Take short small breaths and cover your mouth with a cloth, if possible. Feel all doors you come to. If a door is hot, do not open it. Close doors behind you. Keep doors and windows closed prevents rapid fire spread. **ONCE OUT - STAY OUT!**
5. Have a pre-arranged meeting place outside. When 2 people arrive one can then leave to call 911. The other person stays to tell other family members who has gone to call so no one tries to go back into the burning home to find who they believe is missing.

**Stop.**



**Drop.**



**Roll.**



## TYPES OF FIRES

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**ELECTRICAL**- shut off the electricity immediately then put out the flames with an extinguisher, water or other fire retardant. **DO NOT USE WATER ON AN ELECTRICAL FIRE IF YOU CAN'T SHUT OFF THE ELECTRICITY!**

**OIL, GREASE, OR GASOLINE**- smother the flames by using a fire extinguisher, a lid, a bread board, salt, baking soda, flour, or dirt. **DO NOT USE WATER!**

**NATURAL GAS**- shut off gas supply. Use a fire extinguisher, water, sand, or dirt to extinguish.

## CHEMICAL RELEASE

Hazardous materials are chemical substances which, if released or misused, can pose a threat to our health and/or the environment. Sources can be large tankers on the highway or the railroad.

1. If you witness a chemical spill, stay clear of the vapors and/or smoke, and **CALL 911**.
2. If in a vehicle close the windows, turn off the air system, and promptly leave the area.

## NOTIFICATIONS

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ORDERS TO EVACUATE OR SHELTER-IN-PLACE MAY BE GIVEN IF THERE IS A CHEMICAL THREAT TO THE COMMUNITY. NOTIFICATION OCCURS BY:

- City Watch- a reverse 911 system with a pre-recorded message
- Uniformed personnel (i.e. fire/police), or community volunteers on your doorstep
- Announcement by loud speaker from official state vehicles (i.e. police/fire)
- The Emergency Alert (Broadcasting) System on t.v. or the radio
- Sirens at a local refinery or business

IF NEIGHBORS RECEIVE NOTIFICATION, IT MOST LIKELY APPLIES TO YOU TOO!

## EVACUATE

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IF ORDERED TO EVACUATE DIRECTIONS MAY BE PROVIDED FOR SAFE ROUTES TO FOLLOW:

- Go to a designated shelter, "reception center", to check in, then proceed with other plans
- Take 96 hour kits, including all necessary medications for an extended period of time
- Shut off all appliances
- Leash/cage pets and take with you, if possible. Most shelters **will not** accept pets.
- Lock all doors/windows. Leave a message where you have gone and who you are with.
- Follow given evacuation routes

## SHELTER-IN-PLACE

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HOW TO PROTECT YOURSELF, FAMILY AND SMALL PETS FROM THE EFFECTS OF A RELEASED CHEMICAL

- Bring pets inside, if possible
- Close/lock all doors and windows to the outside
- Turn off heating/air conditioning systems and switch vents to "closed" position
- Close fireplace dampers
- Gather in one room, preferably not a room in the basement as chemicals heavier than air seek the lowest level
- Choose a room with a bathroom attached, if possible
- Seal windows/doors/vents with impervious material (i.e. plastic sheeting/wax paper), and tape. Include spaces around pipes.
- Place damp towels in doorway cracks
- Close drapes/shades over windows and stay away from glass
- Remain in place until you are told by authorities (i.e. police/fire), or you hear word through radio/t.v. broadcasts that it is safe to emerge
- When emergency is over open all doors/windows for ventilation

## KNOW NATURAL HAZARDS IN YOUR AREA AND HOW TO PROTECT YOUR FAMILY FROM THEM

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# UTAH HOMELAND SECURITY



SHORTLY AFTER SEPTEMBER 11, 2001, GOVERNOR MIKE LEAVITT DIRECTED THE CREATION OF THE UTAH HOMELAND SECURITY TASK FORCE (HLS). ITS MISSION IS TO SECURE AND PROTECT THE SAFETY, HEALTH, WELL-BEING, AND RIGHTS OF ALL PEOPLE IN UTAH FROM MAN-MADE THREATS. THE HOMELAND SECURITY ADVISORY SYSTEM PROVIDES A MEANS TO DISTRIBUTE INFORMATION REGARDING THE RISK OF TERRORIST ACTS TO FEDERAL, STATE AND LOCAL AUTHORITIES AND THE AMERICAN PEOPLE.

The warnings are issued as follows:

**RED (Severe Risk)**- terrorist attack has occurred and/or one is imminent and is coming from a specific location or critical facility

- Expect delays/bag searches/traffic
- Expect public building restrictions
- Avoid crowds
- Avoid traveling in or through areas affected
- Keep emergency supplies accessible
- Report suspicious behavior
- Monitor emergency alert broadcasts

**ORANGE (High Risk)**- indicates there is a high risk of a local terrorist attack with no specific target identified

- Continue normal activities expecting delays
- Continue monitoring world/local events
- Avoid leaving items (i.e. packages/bags) unattended in public area
- Inventory emergency supplies
- Discuss family emergency plans
- Be alert to your surroundings while monitoring your children
- Maintain close contact with family/neighbors

**YELLOW (Elevated Risk)**- indicates there is a risk of terrorist attack with no specific region or target identified

- Continue normal activities, report suspicious activities/behavior
- Get involved in the community by taking a first aid/CERT class or becoming active in Crime Watch
- Network with family/neighbors /community for support during attack
- Learn of critical facilities in your community, report suspicious activities /behavior around them

**GREEN (Guarded Risk)**- indicates a general risk with no credible threats or target.

- Review/finalize family emergency preparedness supplies (i.e. food, water) and emergency family plan. Monitor local/national news. Update immunizations.
- Continue normal activities being watchful for suspicious activities/behavior

**Low Risk**- Low risk of terrorism

- Routine security implemented. Enjoy your individual freedom.
- Be prepared for family emergencies, as well as a disaster. Support the efforts of your local emergency responders.

# MAN-MADE THREATS

## BE INFORMED

Disaster preparedness is no longer the sole concern of earthquake-prone Californians and those living in parts of the country known as "tornado alley." Preparedness accounts for both man-made disasters and natural disasters. Knowing what to do during an emergency is an important part of being prepared, and makes all the difference when seconds count.

## BIOLOGICAL THREAT

A biological attack is the deliberate release of germs and/or other biological substances that make you sick; they may be inhaled, enter through a cut/opening in the skin, or may be eaten to cause distress. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in disease that you can catch from another person. Unlike an explosion, a biological attack may not be inherently and immediately obvious. While it is possible that you will see signs of a biological attack, as in some cases of the anthrax threats, it is more likely that local health care workers will report a pattern of unusual illness, even a wave of sick people seeking medical attention at local facilities. The community will most likely be informed of the threat through local radio and/or t.v. broadcasting. Other possibilities include a telephone call or personal visitation by authorities.

In the event of a biological attack, public health officials may not be able to provide immediate information on what you should do. It can take time to determine precisely what the illness is, how it should be treated, and who is in danger. Keep informed by watching t.v., listening to the radio, and/or checking the internet for official news regarding the following:

- Do authorities consider your group/area at risk?
- The signs and symptoms of the disease
- Are medications/vaccines being distributed? If so, where are they being distributed and who needs to get them?
- Where should you seek emergency medical care if you become sick?



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## DECLARED BIOLOGICAL EMERGENCY

If a family member becomes sick:

- Do not assume you should go to a hospital emergency room, or that any illness is the result of the biological attack. Symptoms of common illnesses may overlap.
- Practice good hygiene to avoid spreading germs. Listen to medical advice.
- Determine whether you are part of the group/area authorities believe is at risk
- If your symptoms match those described and you are in the group considered at risk, seek emergency medical attention immediately
- If you are potentially exposed, follow doctors/public health officials instructions
- If the disease is contagious expect to receive medical evaluation/treatment anticipating the possibility of quarantine restrictions
- For non-contagious diseases, expect to receive medical evaluation/treatment

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## UNUSUAL/SUSPICIOUS SUBSTANCE

- Get away! Do not wait to be told!
- Protect yourself. Cover your mouth and nose with layers of fabric (2-3 layers of cotton like a t-shirt, handkerchief, or towel; or several layers of tissue or paper towels) to filter the air but not prevent you from breathing.
- Wash with soap and water
- Contact authorities
- Watch t.v., listen to the radio, and/or check the internet for the most current and correct information concerning the situation
- If you become sick, seek emergency medical attention

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## CHEMICAL THREAT

- A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. A crowded environment is its target.

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## SIGNALS OF A CHEMICAL THREAT

- More than one person is suffering from watery eyes, twitching, choking, experiencing breathing difficulties, and/or losing coordination/control
- Many sick and/or dead birds, fish, or other small animals

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## CHEMICAL ATTACK

- Evacuate the area! Find clean air quickly
- Approximate the size of the area impacted and the origin of the chemical release, if possible
- If you are inside a building, evacuate without passing through the contaminated area, if possible. If evacuation isn't possible find clean air without passing through the contaminated area, get as far away from the source as possible, and "shelter-in-place".
- If you are outside, find the fastest way to clean air. Determine if you can get out of the area fast enough or if you should go inside the closest building and "shelter-in-place".
- Suspect chemical exposure if eyes are watering, skin is stinging, and you have trouble breathing. Treatment includes stripping and washing with copious amounts of water. Look for any source of water like a hose or fountain. Wash with soap, if possible, without scrubbing the chemicals into your skin. Seek medical attention immediately.

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## EXPLOSION

- Take shelter against your desk/table
- Exit the building ASAP
- Do not use elevators
- Check for fire and other hazards
- Obtain your emergency supply kit if time allows

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## EXPLOSION/FIRE

- Exit the building ASAP
- Stay low to the ground, crawling if necessary to avoid smoke
- Cover your nose and mouth with a damp cloth, if possible
- Use the back of your hand to feel all parts of a closed door before opening. If the door is not hot, brace yourself against it and open slowly. If the door is hot do not open it, and find another way out.
- Do not use elevators
- If you are on fire, do not run. Stop-drop-and-roll to smother the fire.
- If you are at home, go to the outside designated meeting place
- Account for all family members, carefully supervising young children
- Do not go back into a burning building

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## TRAPPED IN DEBRIS

- Signal your location to rescuers with a flashlight, or other light source, when possible
- Avoid unnecessary movement to prevent stirring/breathing dust
- Cover your nose/mouth with what you have on hand. Densely-woven cotton material creates a good filter to breathe through.
- Tap on a pipe/wall so rescuers can hear/locate you
- A whistle is piercing and is a great tool for signaling rescuers if you have one
- Shout as a last resort. Shouting can cause the inhalation of dangerous amounts of dust particles.

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## NUCLEAR BLAST

A nuclear blast is an explosion with intense light/heat, a damaging pressure wave, and widespread radioactive material that can contaminate the air, water, and ground surfaces of a very large area. During a nuclear incident, avoid radioactive material, if possible. Experts say a nuclear attack is less likely than other types of attacks, however, terrorism is unpredictable and being aware of all possibilities is prudent. **If you are warned of a pending attack**, getting below ground as far as possible is ideal, though any shield/shelter will protect from the immediate effects of the blast and pressure wave.

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## NO WARNING

- Assess the situation.
- To limit radioactive exposure, determine if you can get out of the area quickly and easily, or if it is better to go inside a building
- Go as far below ground as possible when taking shelter. Close windows/doors and turn off the building ventilation system. Stay where you are and keep updated/informed by watching t.v., listening to the radio, and/or checking the internet for additional instructions.
- Shielding, distance, and time are three important considerations in limiting radiation exposure
  - Shielding- a thick shield between you and the radioactive material will minimize your exposure to the radioactive materials
  - Distance- the farther away you are away from the blast and the fallout, the lower your exposure
  - Time- the less time spent in the exposure, the less risk



Use the information you have to assess the situation. With a significant radiation threat/exposure, public health authorities may advise you to take potassium iodide which is the same substance added to table salt for iodization. There is no guarantee that it will protect human organs, specifically the

thyroid, but that is the intent. Talk to your health care provider about the sensible thing for your family to do concerning potassium iodide; if seems reasonable, store it in your personal emergency kit(s). For more information on potassium iodide contact the Centers for Disease Control, and see "Are you Ready?" at [www.fema.gov](http://www.fema.gov), Federal Emergency Management Agency.

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## RADIATION THREAT

A radiation threat, commonly referred to as a "dirty bomb", or "radiological dispersion device" (RDD), is the use of a common explosive to spread radioactive materials over/through a targeted area. The difference between this threat and a nuclear blast threat/release is the force of the explosion and the disbursement of radioactive contamination; in both cases the radiation threat is more localized, on a smaller scale. The blast will be obvious, but the presence of radiation is not clearly defined until trained personnel and their equipment arrive. As with any radiation release, limit exposure; avoid breathing radiological dust that is in the air.

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## RADIATION RELEASE/"DIRTY BOMB"

- If you are outside and experience an explosion, or authorities warn of a radiation release nearby, cover your nose and mouth and promptly go inside the nearest building that has not been damaged. If you are already inside, check to see if the building is damaged. If the building is not damaged and/or is stable, stay where you are. Close windows/doors and shut off the ventilation system.



- If you are inside and experience an explosion nearby, or you are warned of a radiation release inside, cover nose/mouth and go outside immediately. Look for a building or another shelter that has not been damaged and quickly go inside. Once inside, close windows/doors and shut off the building ventilation system.
- If you suspect radiation exposure, strip clothing and wash with copious amounts of water as soon as possible
- Stay where you are and keep updated/informed by watching t.v., listening to the radio, and/or checking the internet for additional instructions
- Limit radiation exposure by analyzing/adhering to shielding, distance and time guidelines

For more information on this topic, see "Are you Ready?" at [www.fema.gov](http://www.fema.gov), Federal Emergency Management Agency

# Are You Ready?

An In-depth Guide to Citizen Preparedness



## FEMA



## ADDITIONAL RESOURCES FOR EMERGENCY PREPAREDNESS

[www.beprepared.com](http://www.beprepared.com) (Emergency Essentials)

[www.bt.cdc.gov](http://www.bt.cdc.gov) (CDC - Emergency Preparedness & Response)

[www.citizencorps.gov/programs/cert.shtm](http://www.citizencorps.gov/programs/cert.shtm) (Community EM. Response)

[www.des.ut.gov](http://www.des.ut.gov) (Utah State Division of Emergency Services & Homeland Security)

[www.disaster-resource.com](http://www.disaster-resource.com) (Disaster Resource Guide)

[www.fema.gov](http://www.fema.gov) (Federal Emergency Management Agency)

[www.geology.utah.gov](http://www.geology.utah.gov) (Utah Geological Survey)

[www.hlunix.hl.state.ut.us/](http://www.hlunix.hl.state.ut.us/) (Utah Department of Health)

[www.nws.noaa.gov](http://www.nws.noaa.gov) (National Weather Service)

[www.neic.usgs.gov](http://www.neic.usgs.gov) (National Earthquake Information Center)

[www.nod.org/emergency/index](http://www.nod.org/emergency/index) (National Organization on Disability >Emergency Preparedness)

[www.providentliving.org](http://www.providentliving.org) (LDS church) - Guides to food storage, preparation

[www.ready.gov](http://www.ready.gov) (US Department of Homeland Security) much good information

[www.redcross.org/services/disaster/](http://www.redcross.org/services/disaster/) (American Red Cross)

[www.training.fema.gov/emiweb/CERT/](http://www.training.fema.gov/emiweb/CERT/) (CERT Training)

\*Check Google or other web search engines for emergency preparedness products and information

\*This is not a complete list and is intended for information only. Murray City does not endorse any of the above listed sources

# NOTIFICATIONS FOR EMERGENCY PERSONNEL

THE FOLLOWING COLORED PAPER SHOULD BE PLACED/SECURED ON THE FRONT DOOR/WINDOW/OUTSIDE WALL TO BE SEEN BY EMERGENCY RESPONDERS/VOLUNTEERS

**GREEN- all is well**

**YELLOW- need help not critical**

**RED- need immediate help**

**BLACK- deceased person here**

**WHITE- vacant or already evacuated**

The black card can be used in conjunction with any of the other four colors of paper, depending on the situation. Replace colored papers by sheets of similar colors, if/when needed.

**ALL**

**IS**

**WELL**



**NEED HELP**

**NOT**

**CRITICAL**

**NEED**

**IMMEDIATE**

**HELP**

**DECEASED  
PERSON  
HERE**

# **VACANT OR ALREADY EVACUATED**

**We have gone to:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**WE includes:** \_\_\_\_\_